

Get into

guiding...



and...

## Girlguiding UK: Essential Facts

- We're the biggest voluntary organisation for girls in the UK, with more than 600,000 members!
- Girls get involved in all kinds of fun and rewarding activities, make lasting friends and learn positive values for life.
- There's plenty on offer for every age:

|                |               |   |
|----------------|---------------|---|
| Rainbows       | 5 - 7 years   | <small>(from age 4 in Northern Ireland)</small> |
| Brownies       | 7 - 10 years  |   |
| Guides         | 10 - 14 years |   |
| Senior Section | 14 - 25 years |   |
| Leaders        | 18 - 65 years |   |

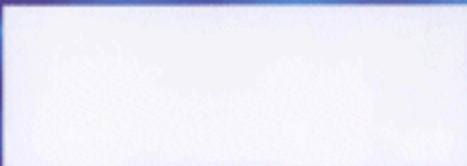
- Guides meet in a safe and creative environment, with trained leaders to help bring out the best in every girl!
- We always welcome extra help in all kinds of areas. Whatever you can offer, everyone benefits! Get in touch for more info.

## Join us!

Getting involved in guiding couldn't be easier. Check out the contact details below and discover a whole new world of fun, friends and adventure!

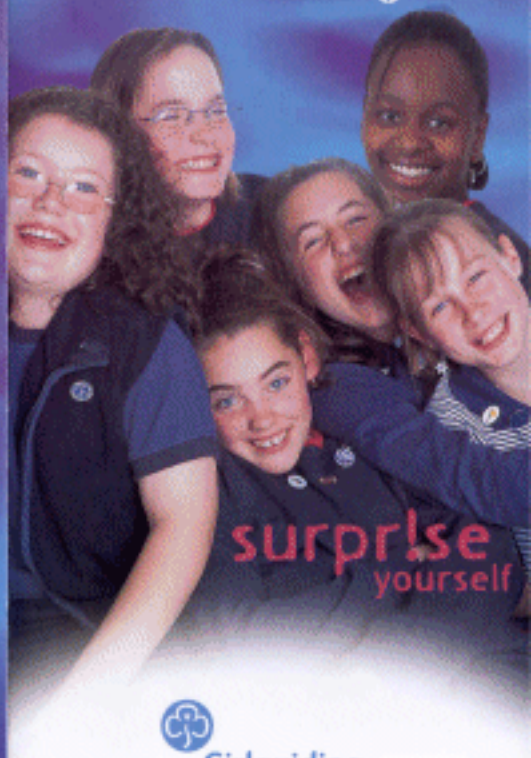
Tel: 0800 1 69 59 01  
Email: [join.us@girlguiding.org.uk](mailto:join.us@girlguiding.org.uk)  
Web: [www.girlguiding.org.uk](http://www.girlguiding.org.uk)

Your local contact:



Ages  
10-14

# GUIDES



surprise  
yourself



Girlguiding



## Who we are

There are 10 million Guides all over the world, and we want you to make it ten million and one! It's all about getting together with girls who share a taste for fun and adventure.

It doesn't matter where you're from or what kind of interests you have, there's room for everyone.

As a Guide, you'll spend lots of time in your patrol. We're talking about a group of friendly girls - small enough so that everyone feels they belong and big enough to be a team that makes things happen! ✨



## Go For Its

Guides get up to everything and more! From organising fashion shows and football matches to doing our bit for the environment, it's all there for the taking. There are special events like sleepovers and camping trips, as well as your chance to get stuck into Go For Its. So, even if you think you know what Guides is all about - we're sure you'll be surprised! ✨



## What we like

Being a Guide opens up a whole new world that's yours for the taking! You'll have a laugh with new friends, and get involved in all kinds of activities that you wouldn't find in school or at home. With no lads around to cramp your style, you're free to find out what really makes you tick. ✨



These are a range of exciting packs for your Patrol to have fun with and explore. Each one has a theme, such as Teamwork, Parties, Fitness, even Chocolate(!). They're packed with activity ideas, info and games. What's more, you can record and display your achievements in your fantastic G-File. →

